

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

Cauliflower

Cauliflower is good for you because: it is a good source of Vitamin C (fights colds) and B Vitamins (helps give you energy).



Farm to School ~

China is the top producer of Cauliflower, they produce over 40% of the world's entire cauliflower crop.

Cauliflower is not a flower, it is a collection of tiny stems. It grows on a bush, like broccoli and the edible part of the plant is above the ground. If the 'stems' are not covered by the leaves of the bush, they do develop into tiny flowers.

Selection and Storage ~

Choose cauliflower that is very dense and has very fresh and green leaves around the vegetable. Avoid any dark spots or mildew. Store in the fridge in a plastic bag for up to 7 days.

Origin ~ Where did it come from?

Cauliflower originally was harvested in the general area of the Mediterranean, specifically Turkey over 2500 years ago. Cauliflower was spread throughout Europe in the 1500s and was finally brought to the US in the 1900s.

Fun Facts



Cauliflower comes in 4 different colors: White, Orange, Green and Purple.

The color cauliflower is not dyed and is actually a result of a natural mutation like how one person has an attached earlobe and another person has a detached earlobe.

Word Search

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EUROPE
PURPLE
WHITE

CHINA
ORANGE
VITAMIN

GREEN
VEGETABLE



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